

長野県看護大学・異文化看護ニュースレター

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看護実践国際研究センター・異文化看護国際研究部門
International Research Institute in Cross-Cultural Nursing

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Foreword / 巻頭言

As for the activities of the IRC of 2015, a graduate student did a visit to San Francisco in March and got much learning. And we welcomed two students from Samoa as exchange students in summer. They received practical training with our students in the facilities of the elderly persons.

In spite that the students came from hot Samoa, they were dead tired for heat beyond 30 degrees of Japan day after day. Although they were very busy, they participated in a local summer festival, learned the festival dance of Japan (Bon Odori) immediately, and joined in the ring of the dance together. The local people were very pleased with their participation.

I think that it would be the very precious opportunity for our students to interact closely and learn with the foreign students. We would like to continue supporting the program of the international exchange for students.

(Ieko Imai, translated by Tomohiko Yara)

2015年のIRCの活動は、3月に大学院生がサンフランシスコへの訪問をしてたくさんの学びを得てきました。そして夏にはサモアからの交換留学生二人をお迎えし本学学部生との国際看護学実習ができました。

暑いサモアからこられたにも関わらず、お二人は連日30度を超えた日本の暑さにぐったりしていました。それでも、彼らは忙しい中で地域の夏まつりに参加してくださり、日本の盆踊りもすぐに覚えて一緒に踊りの輪に入り、地域の方に喜ばれました。

このように院生、学部生が外国の方と直接ふれあい共に学べる機会はとても貴重なものだと思います。今後も国際交流のプログラムをサポートしていきたいと思っています。

今井家子

I. International Activities at NCN 学内における国際活動報告

1. Exchange Program with UCSF and USF: Visit to San Francisco in the school year 2014

It was the 12th time to make a nursing study tour in San Francisco. This time beside three faculty members, two master students and one doctoral student participated. As an outline for the plan, we took a tour of the facilities of USF and UCSF to study their simulation education and to know the current state of advanced practice nurses in U.S. This course is intended to promote a better understanding about our educational policy and teaching strategy by taking part in their classes at USF and UCSF, with which we concluded an academic exchange agreement. Starting in 2010 year, we began to give a presentation and have a discussion in English with them concerning the research subject of our graduate students in order to enhance the learning outcome. This year all the three students got ready for their presentation and delivered a talk at USF. It seems that they had a difficult time to translate their study into English and speak in English, but in view of maximizing educational effects it would be a very valuable experience for them.

(Midori Watanabe, translated by Toshiyoshi Imura)

1. UCSF / USF看護学部との相互協力プロジェクト —2014年度看護海外研修旅行—

今年度で12回目を迎える交流プロジェクトには、大学院生3名(博士前期課程2名、博士後期課程1名)、教員3名が参加しました。主としてUniversity of San Francisco (USF) およびUniversity of California, San Francisco (UCSF) のシミュレーション教育の実際(授業や施設見学)、米国における高度実践看護師の現状(講義聴講)について研修しました。本研修は、本学と学術交流協定を結んでいるUSFおよびUCSFを訪問し、そこで行われている授業に参加し、教育方針や教育戦略などについて理解を深められることをねらいとしています。2010年度からは、海外研修成果を形に残すことを目的として、大学院生による各自の関心や研究テーマについて英語でプレゼンテーションし、ディスカッションしています。今年度は3名の学生がこの準備を進め、USFで発表しました。日本語で自らの研究をまとめ、英訳し、英語で発表するという一連の経験を大学院生がすることは、かなり大変なようでしたが、その後得られる教育成果も大きく、貴重な体験となっています。





**2. International Nursing Practicum:
Exchange Students between NUS and NCN**

This year, we welcomed two Samoan students, Mr. SOI APERAAMO and Ms. AH FUA SAUNOA FAAIUGA with four third-year students of NCN who took the practicum. The Samoan students performed dynamic and powerful Samoan dance, and presented a culture about Samoa at the first class in NCN. All the Japanese students were overpowered at their performance, our practicum students could have the courage to present themselves and Japanese culture in English without diffidence and hesitation.

During their stay, first-second year students

assisted the Samoan students during each break time. Fourth-year students held exchange meeting of Samoan traditional technic of first aid with local commodity or natural resources for the graduate study. Many graduates of NCN were gathered and held meeting in Matsumotocity and Tokyo. We could have finished fruitful two-week practicum with the cooperation of many students, ex-students, and all the staff of NCN. We would like to thank all of them.

(Sachiyo Miyakoshi, translated by Tomohiko Yara)

3. Health Support Activities for foreign residents in Nagano

県内在住外国人への健康支援活動

(1) Health check volunteer for foreign residents at Nagano Chuo Hospital

The health examination for foreign residents in Nagano was performed at Nagano Chuo Hospital in Nagano city. Twenty-five residents were participated and ten students and a faculty member of NCN helped the examination. One student took charge of one person from beginning to end, helped to fill the necessary items of medical interview form and assisted the check. Students learned directly how the foreigners were feeling about the Japanese medical and health care system, and the way to talk with and care for properly through the communication with them. Some persons turned out to need the detailed reexamination or immediate medical treatment after the examination. A student was worrying that some people would hesitate or give up taking health care or medical treatment because of the language or cultural barrier.

(1) 長野中央病院での在日外国人健診ボランティア

本学学生10名と教員1名が協力し、25名の在日外国人の来診者に対応しました。学生は一人の外国人の来診から終了まで一貫して担当し、問診票の記入や検査の補助を行いました。来診した外国人とのコミュニケーションを通じて、日本の医療に対する外国人のとらえ方や、医療者としての適切な話し方や気遣いの方法を具体的に学びました。健診の結果、精密検査や治療がすぐに必要な方に対応することもあり、外国人だと言葉がわからない、どうせ対応してもらえない、という思いからささいな症状でも放置されてしまうことの危険性を実感した学生もいました。

(2) A sports meeting held by Nagano Nippaku Gakuin, Kamiina Seikyo Hospital, and NCN

We held a sports meeting with students and parents of Nagano Nippaku Gakuin (school for Japanese Brazilians), staff members of Kamiina Seikyo Hospital, and five students of NCN. About sixty people participated. We played Indiaca (Brazilian game, whose rules are similar to volleyball, but not using a ball, but a large shuttlecock), and Futsal (like football played indoors). We learned their culture that could not be learned in the classroom through experiencing their high physical abilities, and their habitual and close physical contact.

(2) 長野日伯学園および上伊那生協病院、看護大学合同スポーツ祭

長野日伯学園の学童や生徒とその保護者、病院関係者、本学学生5名の合計60名余でインディアカとフットサルの競技を行いました。在日ブラジル人には日常的なスキンシップや高い身体能力など、授業だけでは学べない彼らの文化を肌で感じ取る機会となりました。

(3) Participation in the seminar providing information on daily life to foreign residents held by Matsumoto Multicultural Plaza

Eleven students and a faculty member of NCN visited Matsumoto Multicultural Plaza in Matsumoto city and learned their activities. We could participate in the seminar providing information on daily life to foreign residents. Although the number of foreign residents in Nagano is decreasing, the aging of permanent residents is advancing. Students learned the security and health care for their old age. Through the activities and experiences of our curriculum, students could take a step to promote the cross-cultural nursing

(3) 多文化共生プラザでの在日外国人向け生活講座に参加

学生11名が教員と共に松本市Mウイングを訪ね、多文化共生プラザの活動を把握するとともに、在日外国人対象の生活情報提供講座にも同席させていただきました。長野県では、リーマンショック以降、在日外国人の数は減少する一方、在日外国人の定住化や高齢化は進行が認められます。学生は講座を通じて在日外国人の老後の保障や医療問題を共に考え、多文化共生看護を推進する第一歩を踏み出しました。

(Sachiyo Miyakoshi, translated by Tomohiko Yara)
(宮越幸代)

4. Training of Nepali Staff in the Maternal and Child Health Project for Safe and Secure Delivery with the support of the JICA Partnership Program

In the two days of 24 and 25 November 2015, four Nepali trainees took a training course in the Department of Maternal Nursing & Women's Health, Nagano College of Nursing (NCN). This was a part of training for these local staff in Pokhara, on a project titled as "Maternal and Child Health Project for Safe and Secure Delivery". This project is being implemented by a Japanese civilian group, Citizen's Association for Nepal Exchange, Komagane City, with the support of the JICA Partnership Program.

The goal of this project is to increase the number of the safe delivery and pregnant/puerperal women receiving antenatal and postnatal cares in high poverty areas of Pokhara City. Both high maternal mortality and neonatal mortality rate are serious problems in Nepal.

The four trainees were: Ms. Deki (working as the chief nurse), Ms. Jyothi and Ms. Phanu (nursing staff), and Ms. Sabitha (project officer, from Pokhara City).

They are working in a maternal and child hospital established by Citizen's Association for Nepal Exchange, Komagane City, as the symbol of friendship. Those trainees are providing care services

for pregnant/puerperal women and training staff in the hospital.

The training on the first day included an orientation from the president of NCN, Michiko Shimizu, and a lecture by Associate Professor, Satoko Fujihara, titled as "A study of birth places 1950-1970, Why the number of midwives has not grown". Furthermore, the trainees observed a demonstration of the prenatal checkup and role-playing by the students in the practical of maternal nursing.

The trainees were interested in the well-equipped facilities, the number of staff in NCN, and the lecture on the changes in the delivery and working places of midwives after World War II in Japan. Furthermore, they were surprised at the educational organization in NCN and the skills to communicate with care receivers.

On the second day, I gave a lecture on the midwifery in Japan. Further, the trainees and the students studying midwifery jointly experienced a practical in the pain relief, comfortable body posture, lateral position in delivery, and discussions on the differences on job positions and education of nurses and midwives in both countries.

The trainees and staff of NCN had a very productive time to recognize the similarities and differences between the two countries through exchanging information on their ways of diagnoses and planning in the midwifery.

Trainees' reactions during the practical, were as follows: "It seems to be a good care that we can do without much cost", "Our patients would like such skills", "Nepali schools didn't teach like this training". In Nepal, the family members of a pregnant woman provide care for labor pain while nursing staff rarely does. I hope their future contribution in this matter because these trainees now recognize that providing care for labor pain can promote mutual trust with patients.

When they experienced footbath in a practical, these trainees felt awkward to receive the care by students in the beginning. This is partly due to their caste system. However, eventually and shyly they

challenged it. As a result, they enjoyed it.

I hope the future success of these Nepali trainees who were interested in the midwifery care in Japan. Further, I am grateful for this opportunity with which the staff and students of NCN had an enjoyable time to enrich their cross-cultural understanding.

(Ayano Shiozawa, translated by Takeshi Akiyama)



4. JICA 草の根技術協力事業「安全・安心な出産のための母子保健改善事業」におけるネパール人研修生の本学への受け入れ

母性・助産看護学分野では、2015年11月24日、25日にネパール交流市民の会（事務局駒ヶ根市）がJICA 草の根技術協力事業で行っている、「安心・安全な出産のための母子保健改善事業」ポカラ現地スタッフの研修受け入れを行いました。この事業は、ネパールの高い妊産婦死亡率・新生児死亡率の改善を支援するため、ポカラ市の貧困層の多い地区において、安全な分娩の増加や産前産後ケアを受ける妊産褥婦が増加することを目標としています。今回来学した研修生は、看護師長のデイキ（Deki）さん、看護スタッフのジョティ（Jyothi）さん、ファヌ（Phanu）さん、ポカラ市役所職員でプロジェクトオフィサーのサビタ（Sabitha）さんの4名です。彼女たちは普段、現地に派遣されている日本人スタッフとともに、ネパール交流市民の会が設立した母子友好病院を拠点に妊産褥婦へのケアサービスの提供、ケアサービス向上のためのスタッフの育成などの活動を展開しています。

1日目の研修内容は、清水学長からのオリエンテーション、藤原准教授の「出生の場所の研究1950-70年 ーどうして助産師は増えなかったか」の講義、母性看護学演習での妊婦健診のデモンストレーションと学生のロールプレイの見学でした。研修生は、本学の整った設備や教員数の多さ、戦後の女性の出産場所や助産師の勤務場所の変遷、授業での教員の指導体制やケアの対象への声がけの仕方に驚き、関心を示していました。



2日目の研修内容は、筆者による日本の助産過程の展開の紹介、助産選択学生を交えて産痛緩和・安楽な体位の工夫・側臥位分娩の助産演習、ネパールと日本の看護師・助産師の位置づけの違いや教育の違いについてのディスカッションでした。研修生と教員で日本とネパールの助産診断・助産計画の立て方の情報交換を行い、共通点や相違点を見いだせたことは、大変有意義でした。助産演習では研修生より「お金がかからずにできる良いケアだ」「患者が喜んでくれる」「学校では教えてくれなかった」との声が聞かれました。ネパールでは、陣痛の間は家族が付き添うため、看護者がケアをすることが少ないのですが、ケアを通して患者と信頼関係を築くことができると認識したようですので、是非実践して欲しいと思います。また、演習で足浴を実施する際、当初研修生はカーストの問題もあり、学生からケアを受けることに戸惑っていましたが、「せっかく研修に来たんだから」と、恥ずかしがりながらも挑戦し「気持ちいい」と喜んでいました。このように日本で行っているケアに興味を持ってくれたネパール人研修生が、現地で活躍することを期待するとともに、教員・学生も楽しみながら異文化理解を深める時間を持てたことに感謝いたします。

(塩澤綾乃)

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